

Introduction

- Lower sleep quality is reported in many psychiatric disorders, including depression, schizophrenia, and substance-use disorders (Buysse et al., 1989).
- Childhood unpredictability can have lasting impacts on one's mental health, which could lower quality of sleep, and ultimately lower their quality of life.
- Despite there being a relationship between traumatic life experiences and their relationship to sleep quality, the connection between childhood unpredictability and sleep quality remains relatively unexplored (Travaglini et al., 2019).

Aims

- This study aims to investigate whether participants' childhood unpredictability is related to sleep quality, and to see if unpredictability beliefs could serve as a mediating variable between childhood unpredictability and sleep quality.
- Hypothesis: More childhood unpredictability will lead to more unpredictability beliefs which will lead to worse sleep quality.

Method

Demographic Information

Surveys were obtained from 379 individuals (N = 379)

- Sex:** 50.4% Female, 46.4% Male, 0.3% Prefer not to answer, 2.9% Missing
- Race/Ethnicity:** 71.2% White, 15.8% Black/African American, 12.7% Latino/Hispanic, 7.4% Asian, 3.7% Another race, 2.1% American Indian/Native American, 1.6% Refuse to answer, 0.3% Native Hawaiian/Pacific Islander, 0.3% Don't know/unsure
- Education:** 3.7% High School or less, 1.6% GED or equivalent, 24.5% Some college, 11.3% Associate's Degree, 30.6% Bachelor's Degree, 14.2% Graduate Degree, 0.5% Other, 2.9% Missing

Measures

- Sleep Quality:** Sleep Quality Measure, Sleep Quality Questionnaire, Questionnaire of Sleep and Psychological Functioning at Work
- Childhood Unpredictability:** Questionnaire of Childhood Unpredictability
- Unpredictability Beliefs:** Scale of Unpredictability Beliefs
Example Item: My life is filled with chaos.

Correlations

Variable	Sleep Quality
1. Parent Unpredictability	0.35*
2. Sleep Quality	-0.34*

Note. *Correlation is significant at $p < .05$.

Results

- A series of Pearson-product moment correlates were used to examine the associations among parental unpredictability, unpredictability beliefs, and sleep quality.
- The results showed that parental unpredictability and unpredictability beliefs were negatively associated with self-reported sleep quality.
- A simple mediation model was fit to data to test if unpredictability beliefs served as a statistical mediator of the relationship between parental unpredictability and sleep quality.
- Parental unpredictability was associated with higher unpredictability beliefs, $b = 0.94$, $se = .13$, $t = 7.05$, $p < .001$; unpredictability beliefs were associated with worse sleep quality, $b = -0.34$, $se = .03$, $t = 9.10$, $p < .001$.

Discussion

Sleep Quality

- Participants who experienced parent unpredictability in childhood are more likely to have lower levels of sleep quality.

Unpredictability Beliefs

- Those who experienced more parental unpredictability were more likely to have unpredictability beliefs about themselves, people, and the world.
- The more someone had unpredictability beliefs, the more likely they are to have worse sleep quality.
- Unpredictability beliefs act as a mediating variable that explains how parental unpredictability leads to worsened sleep quality.

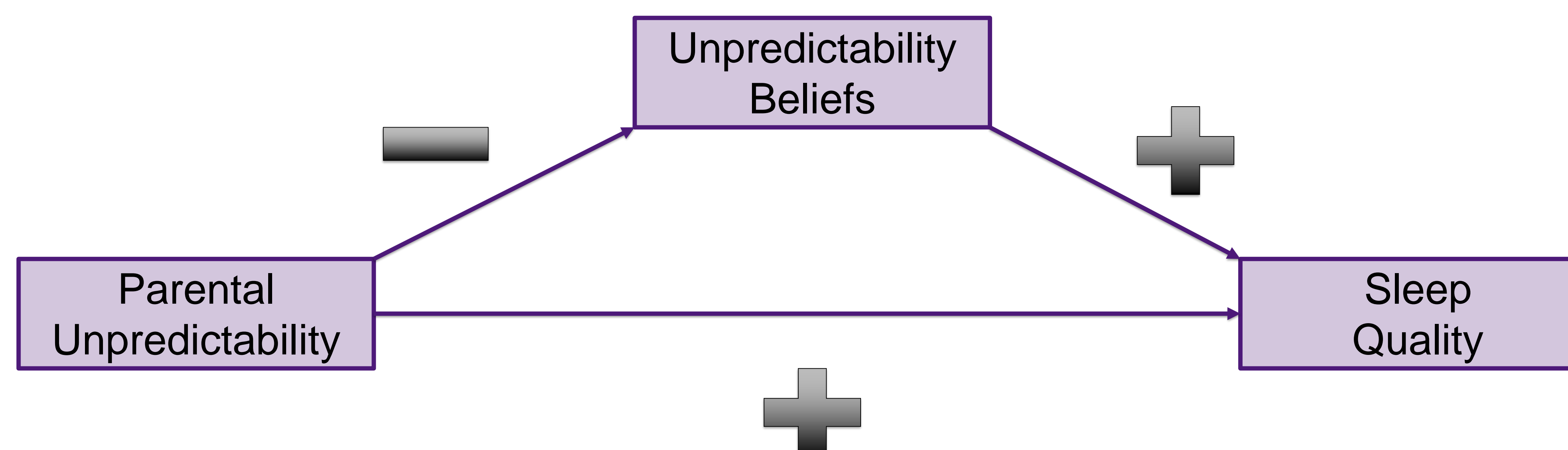
Limitations

- Sample not diverse or large enough to represent the entire population.

Future Directions:

- Examine possibilities for addressing unpredictability beliefs to help improve sleep quality in those who experienced parental unpredictability.

Figure 1



Note. The indirect effect was significant, 95% CI[-0.44, -0.22]

References

- Buysse, D. J., Reynolds, C. F., 3rd, Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. *Psychiatry research*, 28(2), 193–213.
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